

MARCH 2015

Lions Club Park Senior Center

1700-B East Stan Schlueter Loop Killeen, Texas 76542-5485 (254) 501-6399

THE SENIOR CENTERS NEWSLETTERS ARE ONLINE!

www.killeentexas.gov

Go to Parks & Recreation- Click on
the Senior Centers' Newsletter

HOP TRANSPORTATION:

1-800-791-9601 or (254) 933-3700

LIONS CLUB PARK SENIOR CENTER OPEN

8a.m.-4p.m. Monday-Friday

(Open Late on Tuesdays 8a.m.-9:30p.m.)

LUNCH SERVED: 11:30 a.m. \$3 per person

Advance Lunch Reservations needed by

noon the day before. (2nd Monday Breakfast \$2)

Catfish Fridays: Advance \$3 lunch ticket must be
purchased by noon on Thursdays.

LIONS CLUB PARK SENIOR CENTER STAFF:

DEBBIE EDWARDS Senior Centers Manager
ROMANA ALLEN Program Assistant

SENIOR COUNCIL EXECUTIVE BOARD:

BILL TAYLOR	President
ROY MURRAY	Vice President
PETE HILLIARD	Treasurer
SUSAN MCLINN	Secretary
CHARLIE KING	Parliamentarian
CHARLIE CAHEE	Chaplain

EXERCISE EQUIPMENT

ORIENTATION with Lorrie

THURSDAYS 8:15a.m. (1/2 Hour Class)

Note: This class is mandatory for members who want to
use the exercise equipment or be in the Lions Club Park
Senior Center's Exercise Room.



COMPUTER / PRINTER ORIENTATION with Roy

FRIDAYS 9a.m. (Library)

Note: This class is mandatory for
members who want to use the Lions Club Park
Senior Center's computers and printer.

LCPSC SPECIAL DANCE with OUT OF THE BLUE BAND

TUESDAY-MARCH

31

Advance Tickets: \$5 per person-Get

@LCPSC reception desk before March 31

At the Door Tickets: \$7 per person

>>> THANK YOU <<<

CREEKSIDE TERRACE REHABILITATION

Early April Events NOT to be missed...

FUN FASHION SHOW-Wed. April 1 1-3pm

April 1st is upon us with the day of the center's first Fun Fashion Show fast approaching. **Please be sure to pick up your free advance ticket at the Lions Club Park Senior Center's Reception Desk or Bob Gilmore Center before Friday, March 27th. Tickets will be \$2 at the door** the day of the event. The Fun Fashion Show (a.k.a. The Fun with Dick and Jane Fun Fashion Show) follows our reading friends throughout their friendship, courtship and marriage as viewed chronologically through their fashion choices. With Michael DeHart as the designated emcee, this April Fool's Day extravaganza is sure to have the attendees in stitches. Prior to the 1p.m. show, lunch will be served from the kitchen doors beginning at 11:30a.m. **Please buy your advance \$3 lunch ticket at the Lions Club Park Senior Center by Friday, March 27th.** The meal will consist of a corny dog, tater tots, snicker doodle cookies, cutie orange, pink lemonade, coffee or tea. At time of printing, our friends from the following businesses are co-sponsoring this unique event: Bethany Home Health Services, Creekside Terrace Rehabilitation, Hill Country Home Health, Southern Care Hospice Services, TexMed and United Health Care.

EASTER MONDAY PARTY- Mon. April 6



Easter arrives early this year which means there is only *five* days following the Fun Fashion Show that we hold our annual Easter Monday Party at the Lions Club Park Senior Center! Once again, we will party-hardy!!! All kinds of fun are "in the mill" for this special celebration. Be sure to dress up a bonnet, hat or cap for the Easter Hat Parade. Prizes will be awarded in the following categories: Most Eggs on a Bonnet/Hat/Cap Category, Most Easter Critters on a Bonnet/Hat/Cap, Most Lovely & Best Overall. Prizes will be awarded in all categories and games played. Highlighting the afternoon's festivities will be the annual Easter Egg Hunt- lotsa goodies and Easter "moola" (a.k.a. \$\$\$) will get everyone participating and having a great time! Our special thanks to Walter Schupp who will be providing the music for the party. Party punch and some refreshments will be provided, however, if participants can bring a snack to share it would be greatly appreciated! Wear pastel colors if you can. Join us for a hopping-good time-following lunch on **MONDAY, APRIL 6 from 1-3p.m.**

Chronic Disease Self-Management Course

6-Weeks (every Thursday) March 5 9-11:30a.m.

Have you been diagnosed with a disease that you'll have to learn to live with? Is the realization of knowing you will be one to manage your chronic disease cause you uncertainty and unrest? Then, you will want to be sure and register for the six-week Chronic Disease Self-Management Course being offered by the Area Agency on Aging. Registration and the weekly classes will be held at the Lions Club Park Senior Center with instructors Walter Langford and Norman Sisk leading the group. All classes will be held on Thursday mornings from 9-11:30a.m. beginning March 5th. Attendance to each class is very important as one class builds on the previous one. Learn techniques and the latest information to help manage a chronic illness. Space is limited, so be sure and call the Lions Club Park Senior Center at 501-6399 to register. The classes are free and very beneficial to a person with a chronic disease and their caretakers. The dates of the classes are as follows: **THURSDAYS: MARCH 5, 12, 19, 26 and APRIL 2, 9**

It's that time of year again...TAX TIME!

TAX COUNSELING FOR SENIORS will be held at the Lions Club Park Sr. Center EVERY WEDNESDAY & FRIDAY 8:30a.m.-1p.m. and will continue each week until Wednesday, April 15th. Note: Please have last year's tax return when you come, as well as any tax pertinent forms you have received in the mail. Please sign in upon arrival.

LIONS CLUB PARK SENIOR CENTER MARCH 2015

MON. MARCH 2 BBQ RIBS, POTATO SALAD

9-11am Computer Class w/ Roy (Library)
 9-11:30am Intermediate Line Dancing w/ Lori (Ballroom)
 9:30-11:30am Art Class w/ Ken (Craft Rm 2)
 10-11am Trudy's Ladies Bible Study (Craft Rm 1)
 10am-1pm Pickleball @ LCP Family Recreation Center
 12pm Canasta (Card Rm)
 12pm MECCA- Ol' Time Music (Meeting Rm)
 12:30pm Busy Bees Scrapbooking/Cardmaking Class w/Debbie (Craft Rm1)
 12:30pm Texas Hold 'Em (Craft Rm 2)
 2-2:30pm Clogging w/ Jean (Meeting Rm)

TUE. MARCH 3 CHICKEN ALA KING

8:30am Chicken Foot (Card Rm)
 9-10am TOPS Meeting (Craft Rm 2)
 9-10am Aerobic Exercise w/ Lorrie (Ballroom)
 9-11am **Free Blood Pressure Testing by 1st Atlantic (Foyer)**
 10-11:30am Line Dancing w/ Paul (Ballroom)
 10.30am Bridge Practice (Craft Rm 2)
 12pm **Bridge Tournament** (Craft Rm 2)
 12:15pm **8-Ball Pool Tournament** (Billiards Rm)
 12:30pm Cribbage (Card Rm)
 4-6pm Korean Cultural Dancing (Craft Rm 2)
 6:30-9:30pm **DANCE w/ DR. J- Best of the Best** *Bring \$4 & snack*

WED. MARCH 4 LASAGNA

8am-1pm **AARP Tax Counseling (Meeting Rm)**
 8am Walking @ Killeen Mall
 9am "42" (Card Rm)
 9-11am Computer Class w/ Roy (Library)
 9-12pm LCPSC & BGC BOWLING LEAGUE (Hallmark Lanes)
 10am Circuit Training w/Lorrie- (LCP Family Rec. Ctr.)
 10-11am Bible Study (Craft Rm 1)
 10am-1pm Pickleball-LCP Family Recreation Center
 10:30am Scrabble (Card Rm)
 12pm Train (Card Rm)
 12:30pm Texas Hold 'Em (Craft Rm 2)

THU. MARCH 5 BAKED HAM & CHEESE SUBS

8:15am **Exercise Equipment Orientation** w/ Lorrie (Exercise Rm)
 8:30am Spinner Domino (Card Rm)
 9-11:30am **Chronic Disease Self Management #1** w/ Walter & Norman
 9-9:30am Circuit Training w/ Lorrie (Ballroom)
 9:30-10am Sit & Be Fit w/ Lorrie (Ballroom)
 10-10:30am Zumba w/ Lorrie (Ballroom)
 12:30pm Bid-Whist (Card Rm)
 12:30pm Knitting & Crocheting (Craft Rm 2)
 12:30pm **Pinochle Tournament (Meeting Rm)**
 12:30-1:45pm Beginners Line Dancing Class w/ Athalie (Ballroom)
 1:45-3pm Line Dancing w/ Athalie (Ballroom)
 1-2pm Tai Chi w/ Brigitte - @ LCP Family Recreation Center
 2-3pm Yoga w/ Brigitte - @ LCP Family Recreation Center

FRI. MARCH 6 CATFISH (BAKED)

8am-1pm **AARP Tax Counseling (Meeting Rm)**
 8am Walking @ Killeen Mall
 9am **Computer/Printer Orientation** w/ Roy (Library)
 9am Domino (Card Rm)
 10-11:30am International Dominoes (Card Rm)
 10:30am Learn to Read Music & Play Electronic MIDI Keyboard-Craft Rm 2
 12:15pm Spades (Card Rm)
 12:15pm **9-Ball Pool Tournament** (Billiards Rm)
 12:30pm Bid-Whist (Card Rm)
 12:30pm Line Dance Workshop w/ Paul (Ballroom)
 12:30pm **Bridge (Craft Rm 2)**

MON. MARCH 9 LOADED BAKED POTATO

8-9am **LCPSC BREAKFAST** w/ Roger-Only \$2 per person
 9-11am Computer Class w/ Roy (Library)
 9-11:30am Intermediate Line Dancing w/ Lori (Ballroom)
 9:30-11:30am Art Class w/ Ken (Craft Rm 2)
 10-11am Trudy's Ladies Bible Study (Craft Rm 1)
 10am-1pm Pickleball @ LCP Family Recreation Center

MON. MARCH 9

12pm Canasta (Card Rm)
 12pm MECCA- Ol' Time Music (Meeting Rm)
 12:30pm Busy Bees Scrapbooking/Cardmaking Class w/Debbie (Craft Rm 1)
 12:30pm Texas Hold 'Em (Craft Rm 2)
 2-2:30pm Clogging w/ Jean (Meeting Rm)

TUE. MARCH 10 CHICKEN PATTY

8:30am Chicken Foot (Card Rm)
 9-10am TOPS Meeting (Craft Rm 2)
 9-10am Aerobic Exercise w/ Lorrie (Ballroom)
 10-11:30am Line Dancing w/ Paul (Ballroom)
 10.30am Bridge Practice (Craft Rm 2)
 12pm Bridge (Craft Rm 2)
 12:15pm **8-Ball Pool Tournament** (Billiards Rm)
 12:30pm **Cribbage Tournament** (Card Rm)
 4-6pm Korean Cultural Dancing (Craft Rm 2)
 6:30-9:30pm **DANCE w/ WALTER- Best of Country** *Bring \$4 & snack*

WED. MARCH 11 FRITO PIE

8am-1pm **AARP Tax Counseling (Meeting Rm)**
 8am Walking @ Killeen Mall
 9am "42" Tournament (Card Rm)
 9-11am Computer Class w/ Roy (Library)
 9-12pm LCPSC & BGC BOWLING LEAGUE (Hallmark Lanes)
 10am Circuit Training w/Lorrie-(LCP Family Recreation Ctr.)
 10-11am Bible Study (Craft Rm 1)
 10am-1pm Pickleball-LCP Family Recreation Center
 10:30am Scrabble (Card Rm)
 12pm **Train Tournament (Card Rm)**
 12:30pm **SENIOR COUNCIL MEETING @ BGC**
 12:30pm Texas Hold 'Em (Craft Rm 2)

THU. MARCH 12 BLT

8:15am **Exercise Equipment Orientation** w/ Lorrie (Exercise Rm)
 8:30am **Spinner Domino Tournament** (Card Rm)
 9-11am **Pottery with Larry** (Craft Rm 1) Morning Session
 9-11:30am **Chronic Disease Self Management #2** w/ Walter & Norman
 9-9:30am Circuit Training w/ Lorrie (Ballroom)
 9:30-10am Sit & Be Fit w/ Lorrie (Ballroom))
 10-10:30am Zumba w/ Lorrie (Ballroom)
 11-1pm **Pottery with Larry** (Craft Rm 1) Afternoon Session
 12:30pm Bid-Whist (Card Rm)
 12:30pm Knitting & Crocheting (Craft Rm 2)
 12:30pm Pinochle (Meeting Rm)
 12:30-1:45pm Beginners Line Dancing Class w/ Athalie (Ballroom)
 1:45-3pm Line Dancing w/ Athalie (Ballroom)
 1-2pm Tai Chi w/ Brigitte - @ LCP Family Recreation Center
 2-3pm Yoga w/ Brigitte - @ LCP Family Recreation Center

FRI. MARCH 13 CATFISH (FRIED)

8am-1pm **AARP Tax Counseling (Meeting Rm)**
 8am Walking @ Killeen Mall
 9am **Domino Tournament Card Rm)**
 10-11:30am International Dominoes (Card Rm)
 10:30am Learn to Read Music & Play Electronic MIDI Keyboard-(Craft Rm 2)
 12:15pm **Spades Tournament (Card Rm)**
 12:15pm **9-Ball Pool Tournament** (Billiards Rm)
 12:30pm Bid-Whist (Card Rm)
 12:30pm **Line Dance Workshop w/ Paul (Ballroom)**

MON. MARCH 16 BEEF & CABBAGE

9-11am Computer Class w/ Roy (Library)
 9-11:30am Intermediate Line Dancing w/ Lori (Ballroom)
 9:30-11:30am Art Class w/ Ken (Craft Rm 2)
 10-11am Trudy's Ladies Bible Study (Craft Rm 1)
 12pm Canasta (Card Rm)
 12pm MECCA- Ol' Time Music (Meeting Rm)
 12:30pm Busy Bees Scrapbooking/Cardmaking Class w/Debbie (Craft Rm1)
 12:30pm Texas Hold 'Em (Craft Rm 2)
 2pm **Brian's Feast for One Class** Must pre-register / Class limited to 20
 2-2:30pm Clogging w/ Jean (Meeting Rm)

ACTIVITIES & MENUS

TUE. MARCH 17 BAKED CHICKEN

8:30am **Chicken Foot Tournament** (Card Rm)
 9am **International Dominoes Tournament** (Card Rm)
 9-10am TOPS Meeting (Craft Rm 2)
 9-10am Aerobic Exercise w/ Lorrie (Ballroom)
 9-11am **Free Blood Pressure & Glucose Testing by HEB** (Foyer)
 10-11:30am Line Dancing with Paul (Ballroom)
 10:30am Bridge Practice (Craft Rm 2)
 12pm Bridge (Craft Rm 2)
 12:15pm **8-Ball Pool Tournament** (Billiards Rm)
 12:30pm Cribbage (Card Rm)
 4-6pm Korean Cultural Dancing (Craft Rm 2)

6:30-9:30pm DANCE w/ ROGER CRAGER Country Music *Bring \$4 & snack*

WED. MARCH 18 SHEPHERD'S PIE

8am-1pm **AARP Tax Counseling (Meeting Rm)**
 8am Walking @ Killeen Mall
 9am "42" (Card Rm)
 9-11am Computer Class w/ Roy (Library)
 9-12pm LCPSC & BGC BOWLING LEAGUE (Hallmark Lanes)
 10am Circuit Training w/ Lorrie (LCP Fam. Rec. Ctr.)
 10-11am Bible Study (Craft Rm 1)
 10:30am Scrabble (Card Rm)
 12pm Train (Card Rm)
 12:30pm Texas Hold 'Em (Craft Rm 2)

9:30am RSVP Rep. Kim Harris @
 LCP Sr. Ctr. for info. on RSVP

THU. MARCH 19 BAKED HAM, SWEET POTATOES, MAC&CHEESE

8:15am **Exercise Equipment Orientation** w/ Lorrie (Exercise Rm)
 8:30am Spinner Domino (Card Rm)
 9-11:30am **Chronic Disease Self Management #3** w/ Walter & Norman
 9-9:30am Circuit Training w/ Lorrie (Ballroom)
 9:30-10am Sit & Be Fit w/ Lorrie (Ballroom)
 10-10:30am Zumba w/ Lorrie (Ballroom)
 12:30pm **MOVIE DAY**—Featuring: *Dolphin Tale 2* (Library)
 12:30pm Bid-Whist (Card Rm)
 12:30pm Knitting & Crocheting (Craft Rm 2)
 12:30pm Pinochle (Meeting Rm)
 12:30-1:45pm Beginners Line Dancing Class w/ Athalie (Ballroom)
 1:45-3pm Line Dancing w/ Athalie (Ballroom)
 1-2pm Tai Chi w/ Brigitte - @ LCP Family Recreation Center
 2-3pm Yoga w/ Brigitte - @ LCP Family Recreation Center

FRI. MARCH 20 CATFISH (BAKED)

8am-1pm **AARP Tax Counseling (Meeting Rm)**
 8am Walking @ Killeen Mall
 9am **Computer/Printer Orientation** w/ Roy (Library)
 9am Domino (Card Rm)
 10-11:30am International Dominoes (Card Rm)
 10:30am Learn to Read Music & Play Electronic MIDI Keyboard-Craft Rm2
 12:15pm Spades (Card Rm)
 12:15pm **9-Ball Pool Tournament** (Billiards Rm)
 12:30pm Bid-Whist (Card Rm)
 12:30pm Line Dance Workshop w/ Paul (Ballroom)

MON. MARCH 23 BEEF & BROKKOLI, LO MEIN

9-11am Computer Class w/ Roy (Library)
 9-11:30am Intermediate Line Dancing w/ Lori (Ballroom)
 9:30-11:30am Art Class w/ Ken (Craft Rm 2)
 10-11am Trudy's Ladies Bible Study (Craft Rm 1)
 10am-1pm Pickleball @ LCP Family Recreation Center
 12pm **Canasta Tournament (Card Rm)**
 12pm MECCA- Ol' Time Music (Meeting Rm)
 12:30pm Busy Bees Scrapbooking/Cardmaking Class w/Debbie (Craft Rm1)
 12:30pm Texas Hold 'Em (Craft Rm 2)
 2pm **Brian's Feast for One Class** Must pre-register / Class limited to 20
 2-2:30pm Clogging w/ Jean (Meeting Rm)

POTTERY with Larry Matthews -
THURSDAY, MARCH 12 & 26



TUES. MARCH 24 CHICKEN ENCHILADAS

8:30am Chicken Foot (Card Rm)
 9-10am TOPS Meeting (Craft Rm 2)
 9-10am Aerobic Exercise w/ Lorrie (Ballroom)
 10-11:30am Line Dancing with Paul (Ballroom)
 10:30am Bridge Practice (Craft Rm 2)
 12pm Bridge (Craft Rm 2)
 12:15pm 8-Ball Pool (Billiards Rm)
 12:30pm Cribbage (Card Rm)
 4-6pm Korean Cultural Dancing (Craft Rm 2)

6:30-9:30pm DANCE w/ PAUL WIKOFF-Best of Country *Bring \$4 & Snack*

8am-1pm **AARP Tax Counseling (Meeting Rm)**
 8am Walking @ Killeen Mall
 9-12pm LCPSC & BGC BOWLING LEAGUE (Hallmark Lanes)
 9am "42" (Card Rm)
 9-11am Computer Class w/ Roy (Library)
 10am Circuit Training w/ Lorrie (LCP Fam. Rec. Ctr.)
 10-11am Bible Study (Craft Rm 1)
 10am-1pm Pickleball-LCP Family Recreation Center
 10:30am **COVERED DISH LUNCHEON**— *Bring covered dish or \$5pp*
w/Guest Speakers: TexMed & Reliant Rehab. on Options After Hospitalization
 10:30am Scrabble (Card Rm)
 12pm Train (Card Rm)

12:30pm Texas Hold 'Em Tournament (Craft Rm 2)

5pm Dining w/ Friends @ Megg's Café in Temple—*See Back Page*

THU. MARCH 26 MIGAS

8:15am **Exercise Equipment Orientation** w/ Lorrie (Exercise Rm)
 8:30am Spinner Domino (Card Rm)
 9-11:30am **Chronic Disease Self Management #4** w/ Walter & Norman
 9-11am **Pottery with Larry** (Craft Rm 1) Morning Session
 9-9:30am Circuit Training w/ Lorrie (Ballroom)
 9:30-10am Sit & Be Fit w/ Lorrie (Ballroom)
 10-10:30am Zumba w/ Lorrie (Ballroom)
 10am Sit & Be Fit w/ Lorrie (Ballroom)
 10-11:30am **Mourning Glories** (Grief Group, Craft Rm 2)
 11-1pm **Pottery with Larry** (Craft Rm 1) Afternoon Session
 12:30pm Bid-Whist (Card Rm)
 12:30pm Knitting & Crocheting (Craft Rm 2)
 12:30pm Pinochle (Meeting Rm)
 12:30-1:45pm Beginners Line Dancing Class w/ Athalie (Ballroom)
 1:45-3pm Line Dancing w/ Athalie (Ballroom)
 1-2pm Tai Chi w/ Brigitte - @ LCP Family Recreation Center
 2-3pm Yoga w/ Brigitte - @ LCP Family Recreation Center

FRI. MARCH 27 CATFISH (FRIED)

8am-1pm **AARP Tax Counseling (Meeting Rm)**
 8am Walking @ Killeen Mall
 9am **Computer/Printer Orientation** w/ Roy (Library)
 9am Domino (Card Rm)
 10-11:30am International Dominoes (Card Rm)
 10:30am Learn to Read Music & Play Electronic MIDI Keyboard-Craft Rm 2
 12:15pm Spades (Card Rm)
 12:15pm **9-Ball Pool Tournament** (Billiards Rm)
 12:30pm Bid-Whist (Card Rm)
 12:30pm Line Dance Workshop w/ Paul (Ballroom)
 1pm **BINGO FOR GROCERIES (Ballroom)**

MARCH CALENDAR ACTIVITIES & MENUS CONTINUE ON BACK PAGE

GROUP PICTURE

A group picture of the membership will be taken in front of the Lions Club Park Sr. Center on MONDAY, APRIL 6 at 12 noon. Members attending either center -Bob Gilmore Center and/or Lions Club Park Senior Center are encouraged to come out & be in this group photo. Russell of Heights Photography will be taking the photograph. Orders for the group picture will be taken. Cost: 11"x14" \$20 / 16" x20" \$30 Note: Photo purchase is not required to be include in this group photograph. Please participate :-)

MARCH CALENDAR ACTIVITIES & MENUS CONTINUE

MON. MARCH 30 CHEESE & BROCCOLI W/ SAUSAGE

9-11am	Computer Class w/ Roy (Library)
9-11:30am	Intermediate Line Dancing w/ Lori (Ballroom)
9:30-11:30am	Art Class w/ Ken (Craft Rm 2)
10-11am	Trudy's Ladies Bible Study (Craft Rm 1)
10am-1pm	Pickleball @ LCP Family Recreation Center
12pm	Canasta (Card Rm)
12pm	MECCA- Ol' Time Music (Meeting Rm)
12:30pm	Busy Bees Scrapbooking/Cardmaking Class w/Debbie (Craft Rm1)
12:30pm	Texas Hold 'Em (Craft Rm 2)

2pm Brian's Feast for One Class Must pre-register / Class limited to 20

2-2:30pm Clogging w/ Jean (Meeting Rm)

TUE. MARCH 31 CHICKEN SALAD

8:30am	Chicken Foot (Card Rm)
9-10am	TOPS Meeting (Craft Rm 2)
9-10am	Aerobic Exercise w/ Lorrie (Ballroom)
10-11:30am	Line Dancing w/ Paul (Ballroom)
10:30am	Bridge Practice (Craft Rm 2)
12pm	Bridge (Craft Rm 2)
12:15pm	8-Ball Pool Tournament (Billiards Rm)
12:30pm	Cribbage Tournament (Card Rm)
4-6pm	Korean Cultural Dancing (Craft Rm 2)

6:30-9:30pm DANCE w/ OUT OF THE BLUE BAND

Advance Tickets \$5 / At the Door \$7 per person

Lions Club Park Senior Center's MARCH EVENING DANCE SCHEDULE

TUESDAYS 6:30-9:30p.m. ADMISSION \$4 pp

Please bring snack to share / Adult guests of members welcome

MARCH 3	DR. J - BEST OF THE BEST
MARCH 10	WALTER SCHUPP - BEST OF COUNTRY
MARCH 17	ROGER CRAGER - COUNTRY MUSIC
MARCH 24	PAUL WIKOFF - BEST OF COUNTRY

MARCH 31 Out of the Blue (Country) Band

Advance Tickets \$5 / At the Door \$7per person

Get the advance tickets at the LCPSC reception desk

R.S.V.P. (Retired & Senior Volunteer Program)

All RSVP members and persons interested in learning about the RSVP Program are invited to meet the new RSVP Coordinator, Kim Harris. Learn what's new with RSVP. Kim will be at the senior centers on Wednesday, March 18th

- 9:30a.m. at the Lions Club Park Senior Center and
- 1:30p.m. at the Bob Gilmore Center.

For more info, please call, 254-699-3194 or 254-773-0221.

Covered Dish Luncheon March 25 10:30a.m.

Welcome TexMed & Reliant Rehabilitation

TexMed representative, Kristina Pantoja & Reliant Rehabilitation representatives, Jessica Ruelas and Angela Roberts, will present a program entitled Options After Hospitalization on Wednesday, March 25, beginning at 10:30a.m. This program will present the latest information on what a person, or family, would need to know to meet certain individual needs upon being dismissed from the hospital. Adult guests are welcome to attend this informative session. Attendees are asked to bring a dish enough to serve six or pay \$5 per person. Members with March birthdays are invited to sit at the special designated birthday table.

Dining with Friends – Wed. MARCH 25 5p.m.

MEGG 'S CAFÉ - 1747 Everton Dr. in Temple

We heard that this café has really fresh, yummy food! Their bread is made fresh daily in their bakery and is absolutely delicious according to written reviews. Because of this, Megg's Café is our choice for March. If you like Panera you should like Megg's as well. The restaurant is located on the way to Scott & White Hospital– just go over the overpass on 31st Street. The restaurant is behind CVS Pharmacy on the left. We'll carpool from the centers leaving at 4:30p.m. Dinner is on your own so please remember to bring enough \$\$\$ for your meal, drink, tax and gratuity. Adult guest(s) of members are always welcome! :)

BINGO FOR GROCERIES

Friday, MARCH 27, 1-3p.m.



We sincerely thank the following business friends for their support of Bingo for Groceries in February:

- * SCOTT & WHITE SENIOR CARE
- * BETHANY HOME HEALTH
- * HILL COUNTRY HOME HEALTH
- * TEXMED HOME HEALTH
- * CREEKSIDE TERRACE REHABILITATION

Thank you to all the wonderful volunteers who help with Bingo for Groceries: MARGARET MILLER, GEORGIA LANE, JIMMIE LILLEY, MARVIN WITHERELL and to the volunteers who help set up for this activity.

LORRIE'S MARCH SCHEDULE

LORRIE's AEROBICS CLASS 9-10am Tuesdays at LCPSC

LORRIE's CIRCUIT & STRENGTH TRAINING 10am Wednesdays at Lions Club Park Family Recreation Center

LORRIE's CIRCUIT & STRENGTH TRAINING 9am Thursdays at LCPSC

LORRIE's SIT & BE FIT 9:30am Thursdays at LCPSC

LORRIE's ZUMBA 10-10:30a.m. Thursdays at LCPSC



EXERCISE EQUIPMENT ORIENTATION CLASS

THURSDAYS 8:15a.m. (1/2 Hour Class)

Please note: This class is *mandatory* for members who want to use the exercise equipment or be in the Exercise Room.

Brian's FEAST FOR ONE Classes

Our Le Cordon Bleu-trained volunteer Chef Brian Whetsel, has graciously offered his time and talent to teach three Feast for One cooking classes at the Lions Club Park Senior Center beginning in March. These special classes are designed for persons who live by themselves and want simple, but tasty, dishes to prepare. All food supplies will be provided and samples of the prepared items will be given. Members wishing to participate in these classes must first pre-register at the reception desk as *space is limited to twenty*. Registration for the subsequent classes will not be taken until the previous class is over. The Feast for One class dates are: Mondays March 16, 23 and 30 from 2-4p.m. We can't thank Brian and our other co-Le Cordon Bleu-trained volunteer, Elisha, for all their hard work and wonderful talent they have donated and brought to the Lions Club Park Senior Center's Lunch Program. Thank you sincerely, Brian and Elisha!

